

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 54: Percentage of Children Who Met Physical Activity Recommendation on a Typical Weekday (Diary Sample)

Number of minutes your child spent doing each exercise or activity.
How vigorously did your child participate in this exercise or activity?

	Minutes of Moderate and Vigorous Physical Activity, Percent of Children	
	<60	≥60
Total	47	53
Gender		
Males	38	62
Females	58	42
Ethnicity		
White	46	54
African American	48	52
Latino	48	52
Asian/Other	43	57
Income		
≤\$19,999	48	52
\$20,000 - \$49,999	47	53
≥\$50,000	47	53
Federal Poverty Level		
≤ 185%	49	51
> 185%	46	54
Food Stamps		
Yes	37	63
No	48	52
Overweight Status		
Not at Risk	47	53
At Risk/Overweight	48	52
Physical Activity		
≥60 minutes	N/A	N/A
<60 minutes	N/A	N/A
School Breakfast		
Yes	40	60
No	48	52
School Lunch		
Yes	49	51
No	43	57
Nutrition Lesson		
Yes	47	53
No	46	54
Exercise Lesson		
Yes	46	54
No	50	50

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

*** p<.001